

the buzz

September 2018



Nicotine

Cancer-
causing
chemicals

Ultrafine
particles

Heavy metals
such as
nickel, tin
& lead

Flavoring such
as diacetyl
(a chemical
linked to a serious
lung disease)

E-CIGARETTES: KNOW THE RISKS

Similar to cigarettes and second-hand smoke, bystanders can breathe in this aerosol when it is exhaled and be exposed to vapor chemicals.

Electronic cigarettes have been on the market for close to 11 years. They are battery operated devices that heat up liquid to be inhaled orally as an aerosol. Since e-cigarettes are considered fairly recent products, more research is needed on the impact on health. This Buzz article will review known risks.

The Food and Drug Administration (FDA) regulates all tobacco products, which includes e-cigarettes. They contain nicotine, the active addictive chemical found in tobacco plants. Nicotine affects the heart, reproductive system, lungs and kidneys. It is toxic to fetuses, harms adolescent brain development and is a health danger to pregnant women. Some e-cigarettes are marketed as 0% nicotine but have been found to contain nicotine.

Other harmful ingredients include:

- Ultrafine particles inhaled deep into lungs
- Flavorings, like diacetyl, have been linked to lung disease
- Heavy metals including nickel, tin and lead

E-cigarettes and youth

E-cigarettes are very popular for young people and are the most commonly used form of tobacco among youth in the United States. This is cause for alarm since nicotine can cause lasting deficits in cognition function that can make it **harder to concentrate, learn and control impulses**. Nicotine exposure during this time can make adolescents more vulnerable to addiction and make it harder to quit. Talk to your children about the health effects that e-cigarettes can cause.

E-cigarettes and FDA approval

E-cigarettes have not been approved by the FDA as an aid to quit smoking. Some cigarette smokers are turning to e-cigarettes to aid in quitting. However, many are not quitting and are continuing to use both products.

A good step to quitting smoking is breaking the act of smoking. E-cigarettes may not help since they are very similar to cigarette smoking.

FDA approved nicotine replacement products

There are nicotine replacement products approved by the FDA that have been proven to **increase your chance for quitting by 50-60%**. Pharmaceuticals and nicotine replacement products are often covered under your health insurance with no payment. You may be able get them for free. Speak to your doctor about these products.

Remember, most e-cigarettes contain nicotine, which is highly addictive and can damage the lungs. Like cigarettes, they are considered a tobacco product and will continue to be a health risk.

September Happenings

Smoking Cessation Class

The Department of Health will be hosting a smoking cessation class utilizing the American Lung Association's Freedom from Smoking program. During each session, activities and assignments will provide you with skills and techniques to support quitting. All of the exercises are intended to help you gain control over your behavior. You will work through the quit process individually and in a group. **Talk to your supervisor about using Bee-Fit time to attend. If approved, you do not need to use your lunch break to attend class.**



Dates: Mondays, September 10-November 5

Time: 11 a.m.-noon

Location: 1520 Market St., Ste. 4051, computer lab

To sign-up for the smoking cessation class or for more information on how to quit, contact Bee-Fit wellness coordinator Cathy Hargrove by calling 314-622-4849, or at hargrovec@stlouis-mo.gov.

Pharmaceuticals and/or nicotine products will help control withdrawal symptoms so you can focus on making lifestyle changes to permanently quit the smoking habit.

Smoking Cessation products covered under City of St. Louis health plan include:

- Zyban (Brand and Generic)
- Chantix
- Nicotine Products: Prescription (Rx) and Over the Counter (OTC) nicotine patches, gum and lozenges

All FDA approved products listed above are covered for a maximum of 180 days therapy per 365 days at \$0 to the member. From there the member is responsible for a usual co-payment amount. Members will obtain a doctor prescription for Rx and/or OTC products and order through pharmacy.

Mammography Screening

Appointments must be made in advance by calling 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. No walk-ins will be accepted.

September 21	1520 Market	1520 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
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Find answers to the below questions in this current September Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than September 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. What federal agency regulates tobacco products? _____
2. Name one reason listed in the September Buzz article why e-cigarettes are harmful. _____
3. Where is the September 21 mammography screening? _____





July Wellness
Trivia Winner
**Beverly
Crawford-Brown**



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare